



TO BLOOM OR NOT TO BLOOM

A Five Part Series by Hal Pullin

EMOTIONAL HEALTH FOR COUPLES

“Helping A Couple Bloom For A Lifetime”

Sat. Oct. 22nd • 11:00 to 2:00

- **Creating emotional health in all relationships**
(Understanding how I can be emotionally healthy in any relationship)
- **Keeping the spark alive across the lifespan**
(Understanding love languages—why most couples miss the mark)
- **A few simple communication tools that can make big difference**
(Turning our day-to-day irritations into understandings and deeper levels of intimacy)
- **A guide for couples—the most important 20 minute in each and every day**
(Knowing how to ask the right questions will help you find the connections we all seek)

Workshop includes a workbook and Hal's list of the ten most important questions for a full life. If you don't know the questions, how will you find the answers? Go to www.halpullin.com for list of all five workshops.

Early sign-ups are recommended because seating is limited to 20.

Hal Pullin, M.A.
Licensed Mental Health Counselor

**Counseling and
Psychotherapy**

A path to help us bloom more fully

www.halpullin.com

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